

Roasted Asparagus – FareStart recipe

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Asparagus, fresh [§]	3 lb. 4 oz.	6 lb. 8 oz.	1 lb. 10 oz.	<ol style="list-style-type: none"> 1. Preheat oven at 400 F. Wash and trim asparagus. 2. Place 1 in a bowl and toss in oil, salt and pepper. 3. Place in a single layer on sheet trays, and roast at 400 F for 5 minutes. <p>❖ Serving Size: 1 oz.</p> <p>★ Note: temperature and baking time vary by ovens.</p>
Olive oil	2 tsp	4 tsp	1 tsp	
Sea salt, fine	¼ Tb	½ Tb	1 tsp	
Black pepper, ground	¼ Tb	½ Tb	1 tsp	

[§]WA product available when in season

Approximate preparation time: 20 min.

Tips & Variations:

- **How to Select Asparagus:** Choose odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks. [ref: "Fruits & Veggies More Matter"]
- **Option:**
 - Add finely chopped fresh garlic at step 2.
 - Sprinkle chili powder and drizzle lemon juice right before serving. Remember, lemon juice changes the color of asparagus to brownish green.



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Child Nutrition Program Food Components:

✓ ⅛ cup vegetable

Nutrients Per Serving:

Calories	8 kcal
% Calories from Fat	2 %
Total Fat	0 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Total Carbohydrates	1 g
Dietary Fiber	1 g
Sugar	1 g
Protein	1 g
Vitamin A (240 IU)	6 %
Vitamin C (1.4 mg)	5 %
Calcium	1 %
Iron	3 %

- 👉 **Asparagus** is high in folate and good source of both vitamin C and A.
- 👉 **Asparagus** is a member of the Lily family, and under ideal conditions, an asparagus spear can grow 10" in a 24-hour period! The outdoor temperature determines how much time will be between each picking. Early in the season, there may be 4-5 days between pickings and as the days and nights get warmer, a particular field may have to be picked every 24 hours. [ref: Michigan Asparagus Advisory Board: www.asparagus.org]
- 👉 Washington-grown **Asparagus** is usually available from April to June. [Check out the Washington Grown Vegetable Seasonality Chart!](#)
- 👉 Storage Tip: To maintain freshness, wrap a moist paper towel around the stem ends and place in plastic bag, or stand upright in two inches of cold water. Use within 2 or 3 days for best quality.

notes

